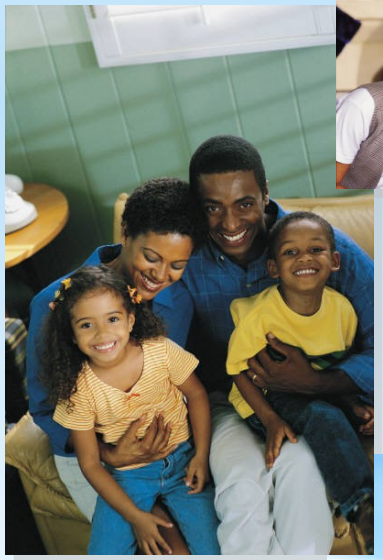


# TAKING CARE OF YOU

## Self Care Program

***Dunham US Army Health Clinic***

***Carlisle, PA***

# Get on target and …

- Be a wise medical consumer
- **Put Prevention Into Practice**
- **Adopt good habits to *stay* healthy and independent**

# Dunham Army Health Clinic

## Family Practice Clinic:

**Hours of Operation** 0730 AM – 1630 PM Tuesday through Friday

(Closed Mondays, weekends and Holidays.)

Appointment Line opens 07:30 AM

*Call Center for Appointments, Cancellation and messages: 245-3400

# Dunham Army Health Clinic

- **Patient Advocate: Gary Feathers**
  245-3911
- **TRICARE Line:** 1-877-TRICARE
- **Health Benefits Advisor:** 245-4112

# Why the Self-Care Program?

- **Not “alternative” medicine**
- **Not a substitute for medical care**

**Goals:**

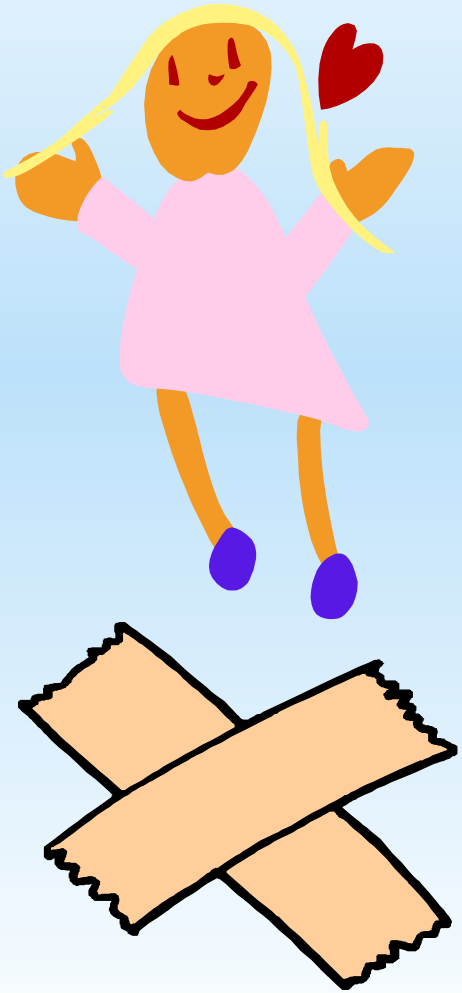
- **Take charge of your own health**
- **Preventing illness and injuries**

# SELF-CARE PROGRAM

- **Focuses on prevention of illnesses and promotion of healthy lifestyles**
- **Provides essential information for making proper choices**
- **Enables YOU to take charge of your own health**

# Examples of Self Care

- **Minor sore throats**
- **Stuffy or runny nose**
- **Short-lived vomiting or diarrhea (less than 48 hrs)**
- **Skin rash over a small area**
- **Minor low back pain**
- **A mild strain or sprain**
- **Small cuts, scrapes or burns**
- **Temperature 101 or lower**



# Routine Care

- **Shoulder pain**
- **Sore throats**
- **Colds and flu**
- **Fever**
- **Skin rashes**
- **Toothaches**
- **Minor cuts and scrapes**

(Often gets better with self care)

# Routine Care

- **Immunizations**
- **Periodic health exams**
- **Screening and treatment for problems**
- **Follow up for chronic problems**
- **Minor aches and pains**
- **No relief after 48 hours of self care**
- **Medication refills**

# Communicating With Your Doctor

- **Chief complaint**
  - **What brings you to the doctor today?**
  - **Know in advance how to state your problem**
- **Present illness**
  - **When did it start/how long?**
  - **What are the symptoms?**
- **Medical history**
- **Review of body systems**
- **Social history**

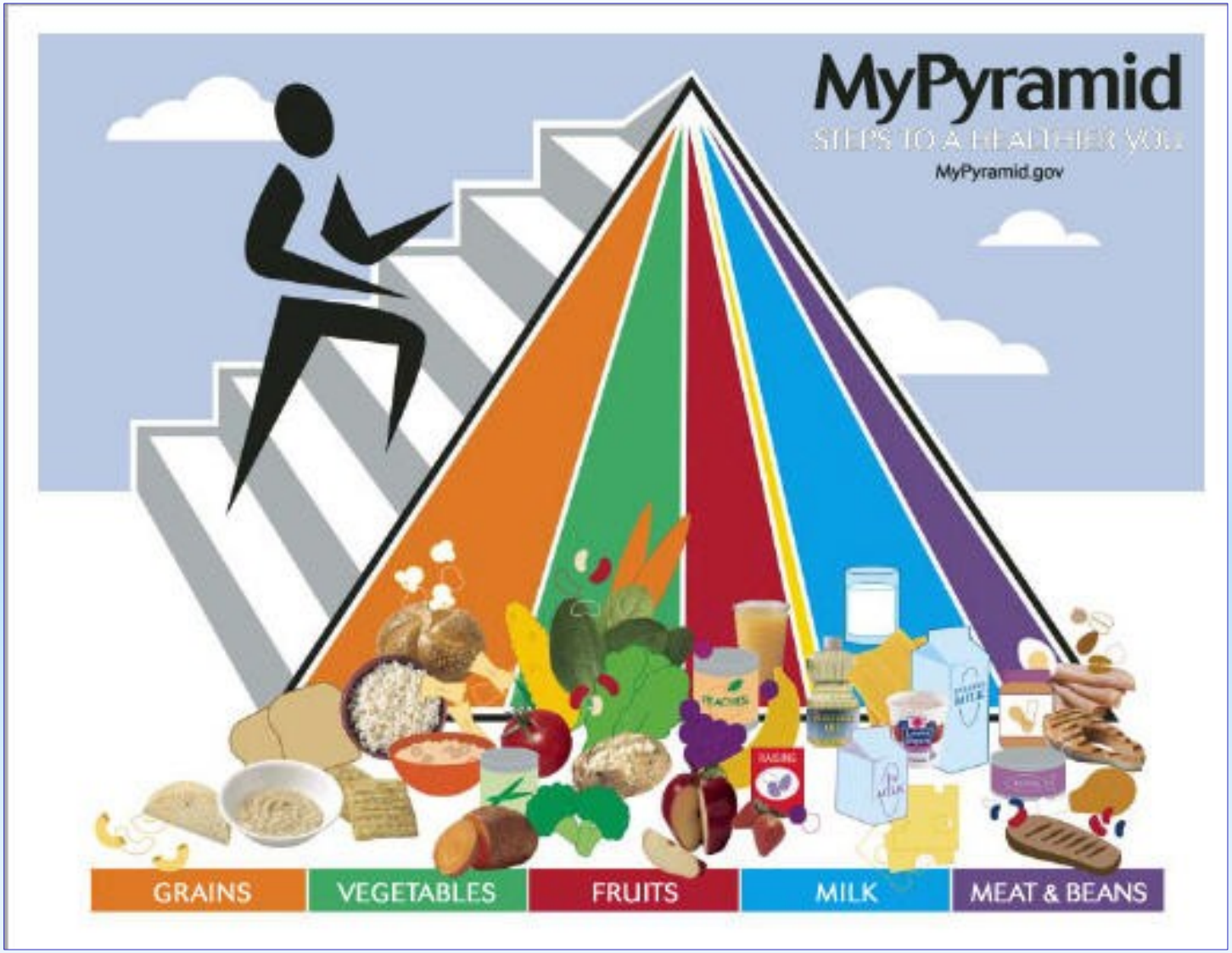
# Ask Questions

- **Risk versus benefit of treatment**
  - **What is the name?**
  - **Why is it needed?**
  - **What are the risks?**
  - **Are there alternatives?**
  - **What if I do nothing?**
  - **When do I return?**
- **Make a list of your question**
- **Make sure you understand answers**

# What Is Wellness?

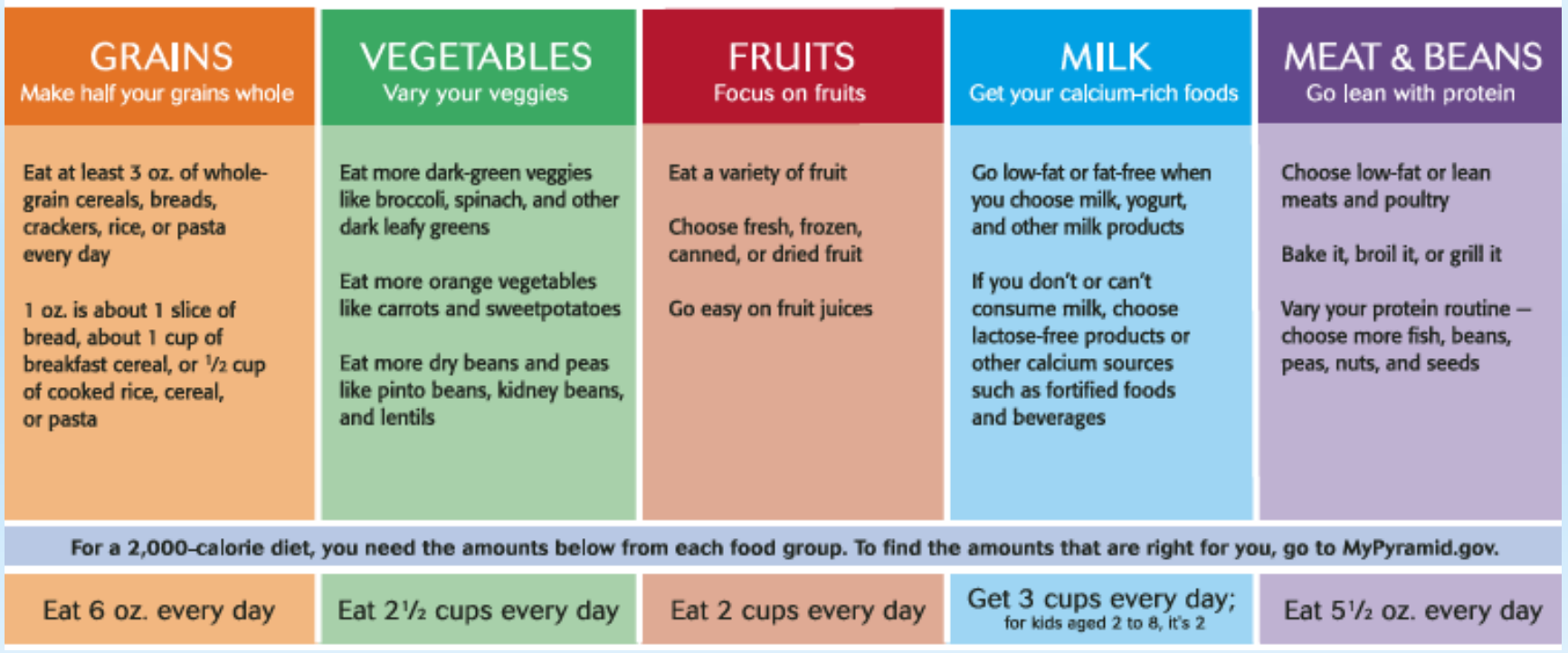
**Achieving or maintaining a level of optimal functioning**

- **Not simply the absence of disease**
- **Means different things to different people**




| Eat 6 oz. every day | Eat 2½ cups every day | Eat 2 cups every day | Get 3 cups every day; for kids aged 2 to 8, it's 2 | Eat 5½ oz. every day |
|---|---|---|---|---|

# Follow a Prudent Diet

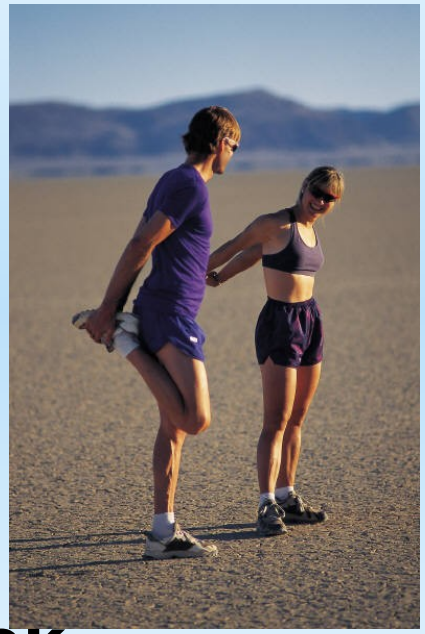


| GRAINS<br>Make half your grains whole | VEGETABLES<br>Vary your veggies | FRUITS<br>Focus on fruits | MILK<br>Get your calcium-rich foods | MEAT & BEANS<br>Go lean with protein |
|---|---|---|---|---|
| Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day<br><br>1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or ½ cup of cooked rice, cereal, or pasta | Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens<br><br>Eat more orange vegetables like carrots and sweetpotatoes<br><br>Eat more dry beans and peas like pinto beans, kidney beans, and lentils | Eat a variety of fruit<br><br>Choose fresh, frozen, canned, or dried fruit<br><br>Go easy on fruit juices | Go low-fat or fat-free when you choose milk, yogurt, and other milk products<br><br>If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages | Choose low-fat or lean meats and poultry<br><br>Bake it, broil it, or grill it<br><br>Vary your protein routine — choose more fish, beans, peas, nuts, and seeds |
| For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov. | | | | |
| Eat 6 oz. every day | Eat 2½ cups every day | Eat 2 cups every day | Get 3 cups every day; for kids aged 2 to 8, it's 2 | Eat 5½ oz. every day |

# Exercise Regularly

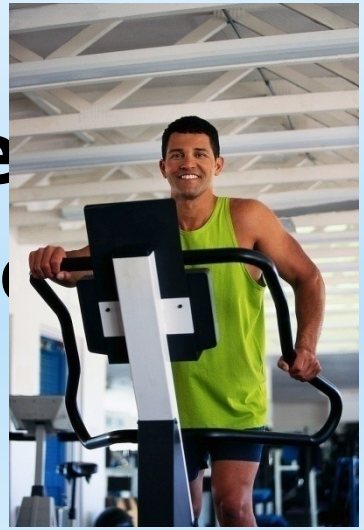
**THIS IS A SAMPLE WORKOUT – ALWAYS CONSULT YOUR PCM FIRST**

- **Warm-up:**
  - **5-10 minutes prior to stretching**
- **Stretching exercises:**
  - **10 minutes, prior to exercise**
- **Strengthening exercises:**
  - **15-30 minutes, 2-4 days a week**
- **Aerobic Exercises:**
  - **20-30 minutes, 3-5 days per week**



**"You cannot achieve fitness in one workout, just as you cannot live your life in one day."**

# Benefits of Exercise



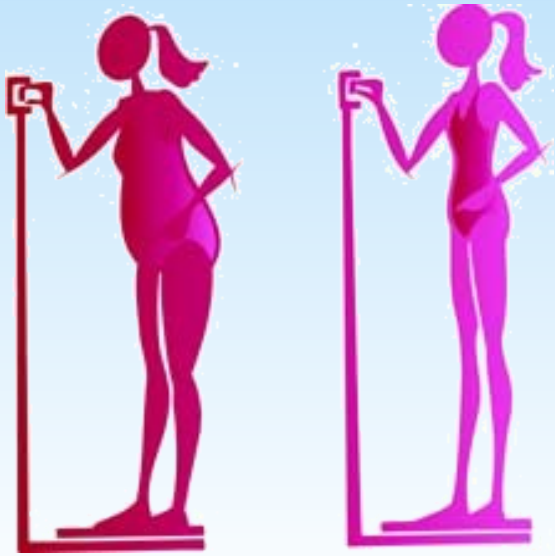
- **Increases Energy**
- **Higher Level of Self-Estee**
- **Lowers Resting Pulse Rat**
- **Lowers Blood Pressure**
- **Decreases Body Fat**
- **Increases “Good” HDL Cholesterol**
- **Decreases “Bad” LDL Cholesterol**
- **Reduces Stress**

# Terrific Calorie Busters

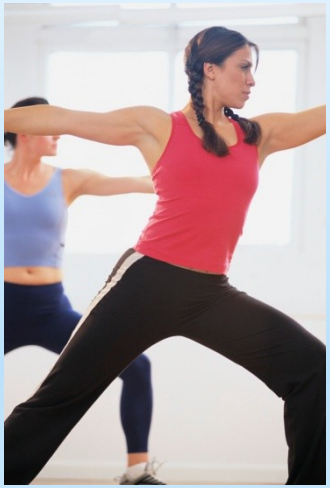
1. **Daily food diary**
2. **Eat 3 meals and *planned* snacks**
3. **Take at least 20 minutes to finish each meal**
4. **Substitute a new habit for a food habit**
5. **Wanting to eat when you're not hungry?**
   - **Drink a cup of tea or diet soda**
   - **Eat a banana (sweet)**
6. **No time for 30 minute a day exercise?**

# Maintain Desirable Weight

- **Exercise regularly**
- **Follow a balanced diet**
- **Change sedentary behaviors**



# Exercise Regularly



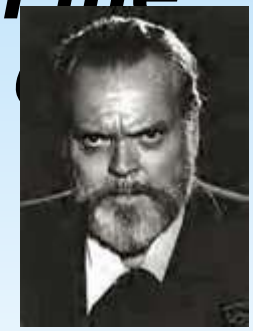
- **Exercise your mind**
  - Learn all you can

    **“A sound mind in a sound body”**
- **Exercise your spirit**
  - Make time for some peace and quiet
  - Check to see if your priorities are on track, or if you’ve become de-railed.

**“Even if you are on the right track, you’ll get run over if you just sit there.”**

# Maintain Desirable Weight

***"My doctor has advised me to give up those intimate little dinners for four, unless there are three other people eating with me"***



*Wells*

# Smoking

- **Decreases night vision**
- **Increases risk of stroke and heart attack**
- **Lung and other cancers**
- **Slows healing**
- **More susceptible to colds**
- **Sexual dysfunction**
- **Dunham has a Smoking Cessation course monthly**
- **The American Lung Association has a Freedom From Smoking on-line course free of charge, but you must Register to take it. URL: www.ffsonline.org**

# Moderate or No Alcohol Consumption

**Limit alcohol to no more than 1 – 2**

**drinks per day**

## One Drink Equals:

- 1¼ ounces of 80 proof liquor
- 12 ounces of beer
- 4 ounces of wine

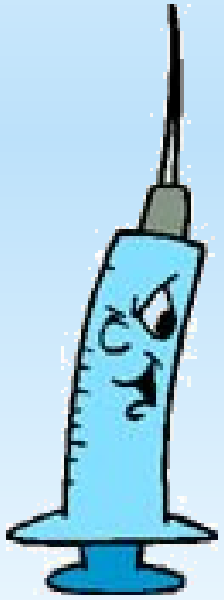
* Note: the laws for exceeding the legal limit for alcohol use vary by

# Get Adequate Sleep

- **Most research shows that 7 - 9 hours of sleep is adequate**

- **If you need an alarm clock to wake up, you might not be getting enough sleep**

# Preventive Health Care



- **Know your body**
- **Professional health screenings**
- **Self exams**
- **Early treatment**
- **Immunizations**

# Breast Exams

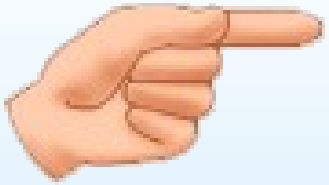
- **One out of eight women are diagnosed each year with Breast Cancer**
- **Self exams should be done once a month**
- **When is the best time?**

# Testicular Exams

- Testicular cancer is not common; a man's lifetime chance of developing testicular cancer is about 1 in 300. Because treatment is so successful, the risk of dying from this cancer is v
1 in 5,000.
- **Monthly self exam**

# Funny Business

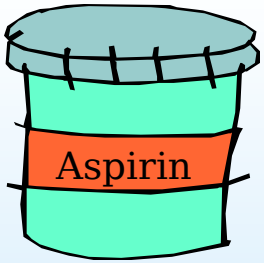
- **Laughter reduces stress**
- **Boosts your immune system (every giggle)**
- **Alleviates pain (5-10 minutes of laughter produces an analgesic effect)**
- **Don’t take yourself, or life so seriously**



# Remember …

***“No one***
***can take better care of***
***you,***
***than you.”***

# What Are OTCs?



- **Over-The-Counter Medications**
  - **Non prescription**
  - **Not automatically safe**
  - **Check dosage carefully**
- **Many products**
  - **Become familiar with ingredients**
  - **Name brand not always bet**
- **For minor and temporary conditions**

# Medication Questions

- **Ask the pharmacist**
- **Discuss all OTCs and prescription medications you are taking with your PCM or pharmacist**
- **Read medication inserts**

# In Your Medicine Cabinet

- **Pain and fever medications**
- **Antacids**
- **Thermometer**
- **Antihistamines and decongestants**
- **Rubbing Alcohol/ Hydrogen Peroxide**

Aspirin Ec 81mg tabs

Bacitracin Ointment

Benadryl Capsules

Benadryl Elixir

Condoms

Debrox ear wax removal

Hydrocortisone Cream

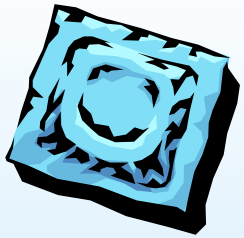
Imodium AD

Lotrimin

Maalox/Mylanta

Milk of Magnesia

Motrin 200mg t



Motrin Suspension

Mycelex Vaginal Cream

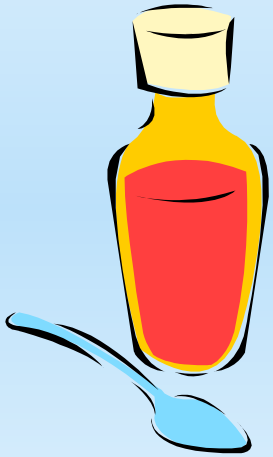
Pepto Bismol

Robitussin

Robitussin DM Syrup

Saline Nasal Mist

Sudafed tabs or syrup



Tylenol 80mg chewable tabs

Tylenol 160mg/5ml liquid

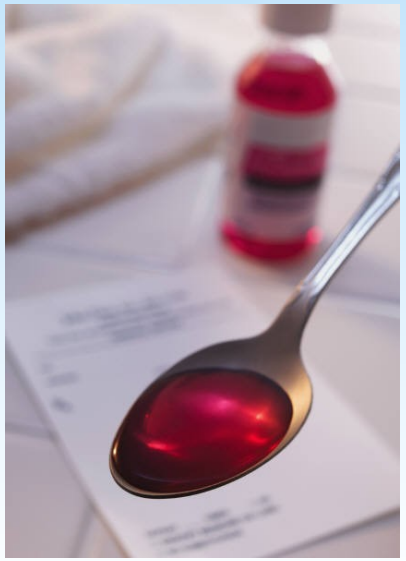
Tylenol 325mg tablets

Tylenol oral drops

- Note: You are limited of 2 medications per individual per 30-calendar day period

# Cough Preparations

- **Short-term treatment of cough due to colds and/or flu**
- **Expectorants: Helps thin the mucus and make it easier to cough up when you have a productive cough (Robitussin – Guaifenesin)**
- **Suppressants: Suppress cough reflex – for dry, hacking coughs that keep you awake (Robitussin DM – Dextromethorphan and Guaifenesin)**



# Nasal Decongestants

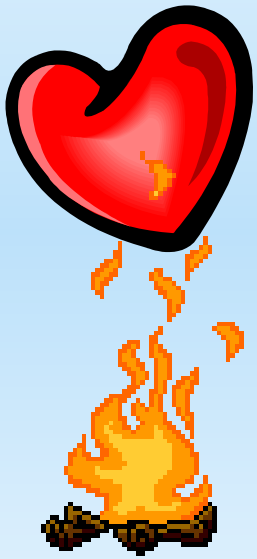
- **Reduces symptoms of nasal/sinus congestion (stuffy nose), postnasal drip**
- **Decongestants make breathing easier by shrinking swollen mucous membranes**
- **Pseudoephedrine = Sudafed**

# Antihistamines

- **Antihistamines dry up nasal secretions and are commonly used to treat allergy symptoms: runny nose, sneezing, watery eyes, itchy eyes/nose**
- **Side effects: drowsiness, (reaction time slowed), dryness of mucous membranes (caution use with asthmatics)**
- **Examples: diphenhydramine = Benadryl (capsules, elixir)**
- **Seasonal allergies: nonsedating antihistamines are availabe OTC and by Rx**

# Heartburn / Acid Indigestion

- **Antacids are taken to relieve heartburn or indigestion caused by excess stomach acid**
- **Aluminum/magnesium hydroxide, simethicone = Maalox extra strength suspension**
- **Bismuth Subsalicylate = Pepto Bismol tablets**
- **<u>Warning!</u> Interferes with other medication absorption**



# Diarrhea

- **Antidiarrheal products slow the movement of the intestine**
- **Diarrhea helps rid your body of infection. Try to avoid using antidiarrheal medications for the first 24 hours**
- **Loperamide = Immodium AD caplets**
- **Bismuth subsalicylate = Pepto-Bismol tablets**
- **Replace lost body fluids to prevent dehydration**

# Pain &  Fever Reducers

- **Short-term treatment of pain/fever**
- **Acetaminophen= Tylenol (caplets, solution, drops)**
- **Ibuprofen = Motrin (suspension, tablets)**

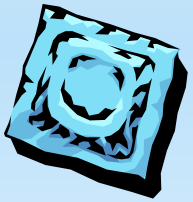
# Skin Conditions

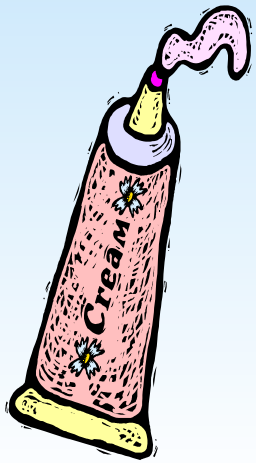
**The following are medications that you can obtain through the Dunham Pharmacy Self-care program to treat skin conditions:**

- **Bacitracin ointment: used to treat or prevent superficial bacterial infections (minor cuts, scrapes, burns)**
- **Clotrimazole= Lotrimin topical ointment: used to treat superficial fungal infections (athletes' foot, jock itch)**
- **Hydrocortisone Cream: used to reduce inf[illegible] itching, swelling, and discomfort with cert[illegible] problems**

# Miscellaneous

- **Condoms: prevention of STDs/Pregnancy- (10 count)**
- **Carbamide: (Debrox equiv) drops – ear wax**
- **Pyrethrum/Piperonyl: (Rid equiv) shampoo – head lice**
- **Salicylic Acid 17%: (Compond W equiv) sol – warts**
- **Saline Nasal Mist: moisten nasal passage**
- **Aspirin 81mg tablets**





# Eligibility for the Self-Care Program

- At least one family member who is 18 years of age or older must attend a self-care education session at any military MTF that participates in the Self-Care program
- Must show documentation to the Pharmacy such as a certificate of completion
- Do not need an appointment- Walk-ins permitted, however you may have to wait until the med is added to your medication profile and screened for interactions.
- Limited of two medications per individual per 30-calendar day period
- Quantity of each medication dispensed is restricted to a reasonable usage rate for the medication.
- Must present a valid Uniformed Services Identification Card at Pharmacy window
- Must present the Self-care Over-the-Counter Card. (MEDDAC Form 704)
- Suspension of privileges: any suspected misuse of the self-care program noted by the Chief, Pharmacy Service or a primary care provider will result

# FORT MEADE MEDDAC SELF-CARE OVER-THE-COUNTER REQUEST FORM

## SECTION I - PATIENT'S CERTIFICATION

1. I certify that:
   a. I do not wish to see a provider for advice before receiving the medication indicated below.
   b. I understand that the medication is for use only in minor illnesses/conditions.
   c. If symptoms persist for more than 48 hours, I will consult a medical professional.
   d. The person requesting this medication is not under the age of 18 years.

2. I further certify that _____, _____, is not--
   (Patient's name) (Date of birth)
   a. On flying status.
   b. Allergic to any medication I have selected.
   c. Intending to use the medication for any purpose other than that recommended on the package labeling.

| Name of patient, parent or guardian | Signature | Prefix-SSN | Date |
|---|---|---|---|
| | | | |

## SECTION II - MEDICATIONS

***(There is a limit of two (2) medications per individual per 30-calendar day period. Misuse of this program will result in loss of privileges.)***

Drug names appearing below in parenthesis are of commonly used brand/trade names and are used as examples only.

**PAIN/FEVER:**
- ☐ Acetaminophen 325mg (Tylenol equiv) tabs 100s
- ☐ Acetaminophen 160mg/5ml oral liquid 118mL
- ☐ Acetaminophen 80mg chewable tabs 30s
- ☐ Acetaminophen 80mg/0.8ml oral drops 15mL
- ☐ Ibuprofen 100mg/5ml (Motrin equiv) 118mL
- ☐ Ibuprofen 200 mg (Motrin equiv) tabs 24s
- ☐ Aspirin Ec 81mg tabs 120s
  (**CAUTION:** Do not use in children <16 years of age.)

**ALLERGY/SINUS:**
- ☐ Diphenhydramine (Benadryl equiv) 25mg caps 24s
- ☐ Diphenhydramine (Benadryl equiv) 12.5mg/5mL, 118mL
- ☐ Pseudoephedrine (Sudafed equiv) 30mg tabs 24s
- ☐ Pseudoephedrine (Sudafed equiv) 30mg/5mL, 118mL
- ☐ Saline Nasal Mist 30ml

**COUGH:**
- ☐ Guaifenesin (Robitussin equiv) 118mL
- ☐ Guaifenesin/Dextromethorphan (Robitussin DM equiv) 118mL

**ANTACID/STOMACH UPSET/GASTRIC:**
- ☐ Alum/Mag OH (Maalox Max equivelant) 12oz
- ☐ Bismuth Subsalicylate (Pepto Bismol equiv) 30s
  (**CAUTION:** Do not use in children <16 years of age.)
- ☐ Loperamide (Imodium AD equiv) 2mg caps 12s
- ☐ Milk of Magnesia liquid 1 pint
- ☐ Simethicone 20mg/0.3mL, 30mL

**TOPICAL PRODUCTS:**
- ☐ Clotrimazole 1% (Lotrimine equiv) 15Gm
- ☐ Hydrocortisone Cream 1% 30Gm
- ☐ Pyrethrum/piperonyl (RID equiv) Shampoo 60mL
  *(Limited to one bottle per family member.)*
- ☐ Salicylic Acid 17% Sol (Wart off/Compound W equiv)
- ☐ Bacitracin Ointment 30gm

**MISCELLANEOUS:**
- ☐ Carbamide 6.5% (Debrox equiv) ear drops 15ml
- ☐ Clotrimazone vag (Gyne-Lotrimin equiv) 45Gm
- ☐ Condoms 12s

# Self-Care Card

**Self-Care Program Over-the-Counter Card**

**Dunham Clinic**

***WELLNESS***

*You can make it happen!*

Name(s) of authorized user(s):

_____

_____

Sponsor's Social Security Number: _____

**MEDDAC Form 704, April 2010**

Previous editions are obsolete.

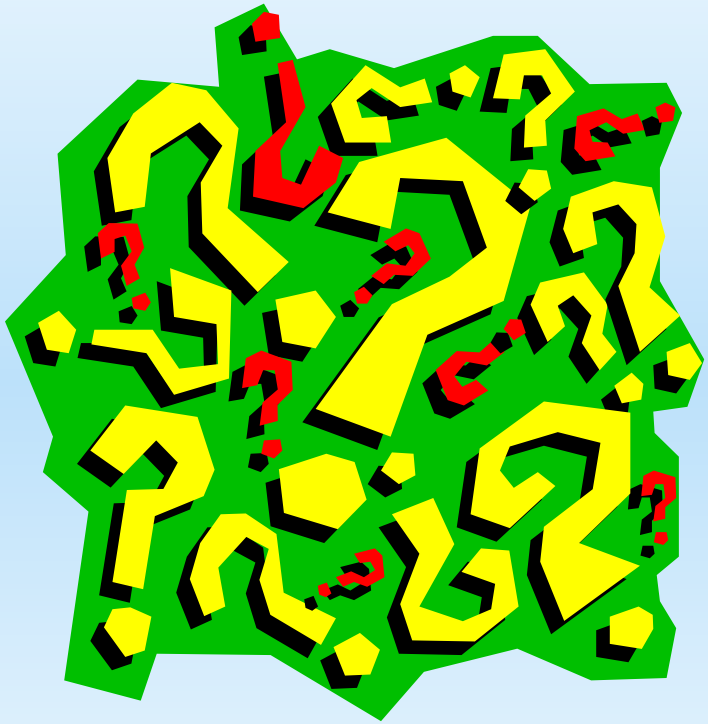
# COMPLETION VERIFICATION

In order to receive your Self-Care card, you must send an email to our Pharmacy team. Please click HERE to start the process.

Please indicate in your email that you have reviewed all of the slides in this presentation. When you come to the Pharmacy, please remember to bring your valid Military ID card.

Questions?

Suggestions?



* For any questions: contact Dunham Clinic at (717) 245-3400